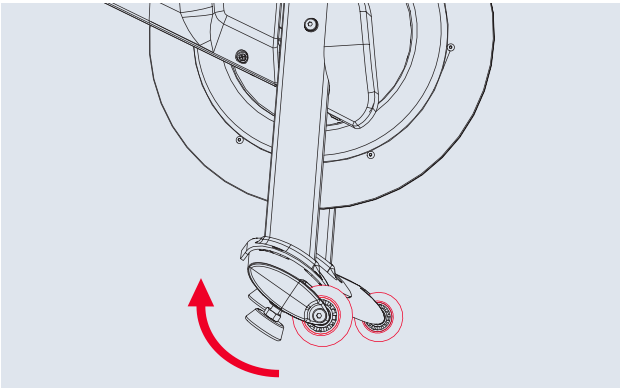
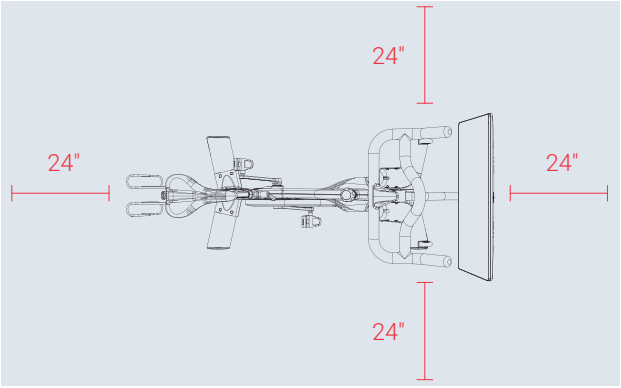
PELOTON

DISTANCED DELIVERY GUIDE



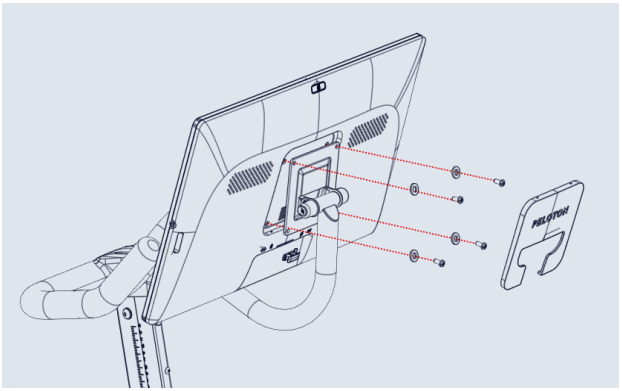
1. MOVING THE BIKE

- Tilt the bike forward onto the wheels. Lift the rear stabiliser while a second person holds the handlebars.
- Carefully roll the bike to the new location. Avoid uneven surfaces.
- If you need to lift the bike, bend at the knees and lift the front and rear stabilisers.



2. BIKE PLACEMENT

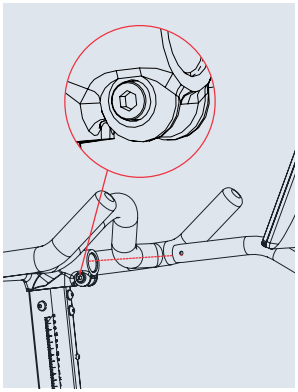
- Place the bike mat in the desired position.
- Ensure that the monitor cable is out of the way to prevent damaging it during installation.
- Place the bike on a solid, level and horizontal surface.
- Allow a clearance of 24” (60 cm) on each side of the bike.

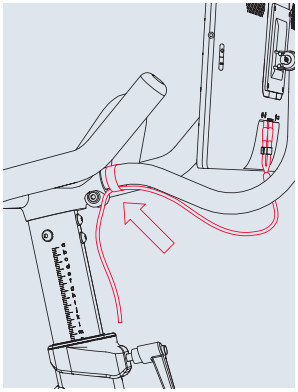


3. ATTACH TOUCHSCREEN

- Remove the touchscreen from the box and lay it face down on a towel or a soft surface.
- Remove the square panel from the back of the touchscreen, then line the touchscreen up with the monitor mount.
- Using a Phillips head screwdriver and the four screws from the touchscreen box, attach the touchscreen. After which return the square panel to the back of the touchscreen.
- Locate the monitor cable and plug the free end into the power and data ports on the back of the touchscreen.

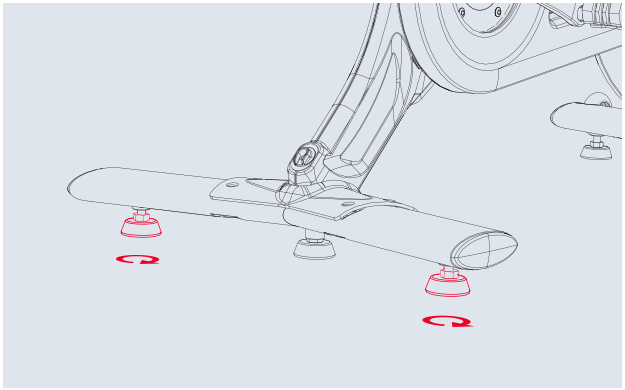
⚠ **WARNING** The monitor cable is the one coming from the flywheel area. Do not plug the bike’s power cable directly into the touchscreen.





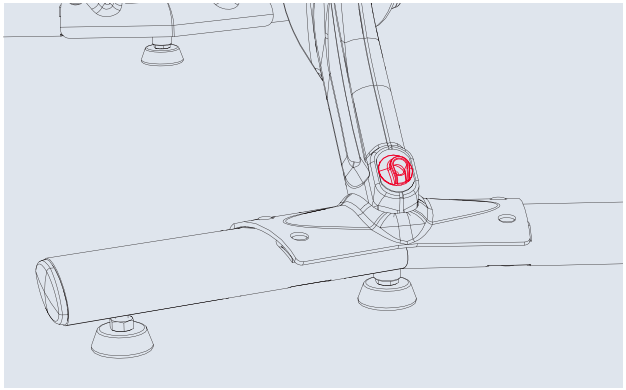
4. ATTACH MONITOR ARM AND CABLE

- Insert the monitor arm into handlebar and make sure to push all the way in.
- Use the 6mm Allen wrench provided to tighten the screw on the right-hand side of the slot.
- Locate the velcro strap found in the toolbag. Loosely attach the monitor cable to the monitor arm, allowing the cable to pass through freely when adjusting the handlebar height.
- Tuck the monitor cable behind the water bottle holder to prevent it from rubbing against the flywheel.



5. STABILISING THE BIKE

- If the bike rocks after being set down, turn each leveling foot clockwise (when viewed from above) until it rests firmly on the ground.
- If you're having trouble turning them, you may need to lift the bike and loosen the feet first using the wrench in your toolkit.



6. POWER ON

- Insert the power cord into the port just above the rear stabiliser.
- Plug the power supply into a plug socket. The green LED on the power supply should light up.
- Press the top button on the back of the touchscreen to power it on.
- Follow the on-screen prompts to connect to your WiFi network and activate your bike.

Something wrong?
Try these troubleshooting steps first, then give us a call.

I CAN'T FIND THE TOUCHSCREEN SCREWS:

If the screws are missing, please contact our Support team for a replacement.

MY BIKE HAS NO POWER:

- Is the green LED on the power supply lit? If it is, make sure the power cord is pushed all the way into the port at the back of the bike. If not, make sure the power supply is pushed all the way into the plug socket.
- If the power supply is lit, check that the power and data cables are plugged all the way into the touchscreen.
- Try holding the touchscreen power button down for 5-10 seconds.

I CAN'T CONNECT TO MY WIFI:

- We recommend a minimum connection speed of 10-15 mbps download and 2.5 mbps upload dedicated to the bike. If many devices are using your network, your bike may not be able to connect.
- If you are using a booster or extender for your WiFi router, or if your router is far away, the signal may not be strong enough.
- If you believe your network is strong enough, try refreshing your network connection using the instructions found at: support.onepeloton.com

I DON'T HAVE MY ACTIVATION KEY:

- Your activation key is associated with the email used to order the bike. If you've already created an account using that email, all you need to do is log in.
- If you haven't set up your account yet, tap **Forgot Password?** and enter the email address you used to order the bike.
- If you didn't order the bike, or if you want to use a different email address, you can find the activation key in the "Prepare for Your Delivery" email you received before you got your bike.

STILL HAVING TROUBLE?

Call **0808 169 6469**, to speak with our Support team.

We'll troubleshoot any issues you have and walk you through anything else you need to get started, including:

- Finding content you love.
- Connecting your bike to other devices, like a smart TV.
- Integrating with your other fitness apps.
- Finding the perfect riding position.

Want to make the most of your All-Access Membership?

PELOTON 101

Select Peloton 101 from the touchscreen menu for information on adjusting your bike to fit your body and maintaining proper body position when you ride.

ADDING A RIDER

To let another rider use your bike, tap the menu icon at the lower left of the screen and select **Switch Rider**. Tap **Manage Riders** and then **Add a Rider**. The new rider can log in with an existing Peloton account or tap **Create an Account** to set up a new one.

DOWNLOAD THE PELOTON APP

Our App comes standard with your Peloton All-Access Membership and gives you access to the full workout library. Get what you need to meet your goals, with a mix of running, strength, toning, cycling, yoga, meditation and outdoor workouts.

THE POWER OF OUR STUDIO ON YOUR TV

Visit our website to learn how to cast your Peloton Bike screen to your TV. Our full library of workouts can be streamed to any device with Airplay or Chromecast support, or accessed directly through the Peloton App for Amazon Fire TV or Android TV.

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